

Aviva London Grand Prix
Crystal Palace - London
Friday 24 and Saturday 25 July 2009



Men's 3000 Metres Under 20

START LIST



MARK	COMPETITOR	NAT	AGE	Record Date
NR	7:48.28 Jon RICHARDS	GBR	19	9 Jul 1983

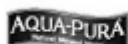
25 July 2009	13:18			
START	COMPETITOR	AGE	PERSONAL BEST	2009 BEST
1	Michael SALTER LEEDS CITY	19	9:00.60	
2	Geoff BELCHER LEEDS CITY	18	8:59.40	9:05.04
3	Thomas FARRELL BORDER H	18	8:20.3	8:20.37
4	Lawrence WALKER WARRINGTON	19	8:33.50	8:33.50
5	Dan CLIFFE WARRINGTON	18	8:27.64	8:32.43
6	Ryan PARKER BEDFORD C	18	8:35.08	8:36.30
7	Mickey REED ALDERSHOT, FARNHAM & DISTRICT	18	8:34.19	8:34.19
8	Matthew JACKSON WARRINGTON	18	8:42.20	8:42.20
9	Tom CURR STROUD	16	8:29.70	8:29.70
10	Jamie CROMPTON HORWICH	16	8:40.25	8:40.25
11	Ben HUNTER SOUTHEND	19	8:28.05	
12	Abdirisak AHMED ROTHERHAM	18	8:23.52	8:35.55
13	Alex CORNWELL WOODFORD G ESSEX L	17	8:36.46	
14	John MCDONNELL LUTON UNITED	17	8:23.53	8:23.53
15	Philip BERNTSEN WINCHESTER & DISTRICT	19	8:30.03	8:30.03
16	Jack HALLAS WAKEFIELD H	18	9:56.10	
17	Sean REILLY CENTRAL	18	8:45.38	8:52.99
18	Andrew BUTCHART CENTRAL	17	8:57.42	
19	Adam CLARKE HASTINGS A C	18	8:36.62	8:36.62
20	Russell BEST New Marske	18	8:34.34	8:34.34
21	Jeremy GILMOUR TRAFFORD	18	8:37.50	8:37.50
22	Mehretab SOLOMON LONDON HEATHSIDE	19	8:37.41	8:37.41



MATTHEW GILLESPIE ADDED

2

Issued Saturday, 25 July 2009 at 13:01



3000 Metres Under 20 Men START LIST



23	Andrew COMBS TONBRIDGE A C	17	8:34.04	8:34.04
24	Nick GOOLAB BELGRAVE H	19	8:24.77	8:37.81
25	Ben NAGY ENFIELD & HARINGEY H	19	8:40.54	8:40.54
26	Karl BILLINGTON BLACKBURN	17	8:32.01	8:32.01
27	Johnny HAY ALDERSHOT, FARNHAM & DISTRICT	17	8:28.39	8:28.39
28	Tom ANDERSON WINCHESTER & DISTRICT	19	8:32.70	8:32.70
29	Matthew GILLESPIE KIRKINTILLOCH			



MATTHEW GILLESPIE ADDED

2

Issued Saturday, 25 July 2009 at 13:01

